



Hen Burn

V3A3II ★



Location

Greenstone Valley

Character

A beautiful descent with a sporty and enclosed final crux section.

This is one of the gems of the Greenstone valley and a really nice trip when you combine it with a stay at the Greenstone Hut and other canyons in the valley such as "Witlof Canyon".

Map

CC-09 North Malvora Lake



Approach by Car

Leave your car at the Greenstone car park (this should normally be accessible for all vehicles).
-44.934046, 168.345030 (WGS 84).

Approach on Foot

From the Greenstone hut follow the Greenstone track upstream until you reach the canyon (1 hr).
Exit canyon -44.975516 168.213301 (WGS 84).

Walk up through the forest on TR until you can walk into the canyon around the 850m contour.

Rock

Good quality sandstone.

Water

With low to moderate flow there shouldn't be a problem with this descent for experienced canyoneers. The final crux section will probably become exciting or dangerous (depending on your skill level) in higher flows.

Catchment

6.6 km²

Gear

2 x 40 meter ropes.

Anchors

Exploratory rigging!

Most descents are equipped with (single) 10 mm stainless steel; bolts and Tebylon hangers.

Route Description

The descent starts really friendly with a succession of short rappels, small jumps, slides and climbs. The canyon is relatively open and sunny in this upper section.

Just when you get bored of all the friendliness you arrive at the final section where the canyon really closes in. A last escape exists here just before the R16 (7 m). The main crux consists of two consecutive rappels, the "double trouble", where you descent very close to the flow. You can try to chimney down but a slip here will launch you into the full flow, great fun!

After the crux the canyon suddenly opens up again and two longer rappels on the TR will bring you to the end of the canyon.

Hopefully you have experienced some adrenaline in the crux section because the last 15 min consists of a rather boring downclimb through (sometimes unstable) boulders. Halfway through this theres a final waterfall that could do with some bolts, but we downclimbed through the bushes on TL.

Time

Greenstone Hut to start of canyon	1 hr
Canyon descent	3 hr 30 min
Return to Greenstone Hut	1 hr
Total	5 hr 30 min

Flash Flood Danger

It is probably better not to commit to this descent with high flows or just after/during heavy rains.

Escapes

Some escapes will probably exist in the upper section (none are tested). No escapes are possible in the final crux section. If you are not comfortable with the water in the upper section please find yourself an escape and come back another day.

Notes

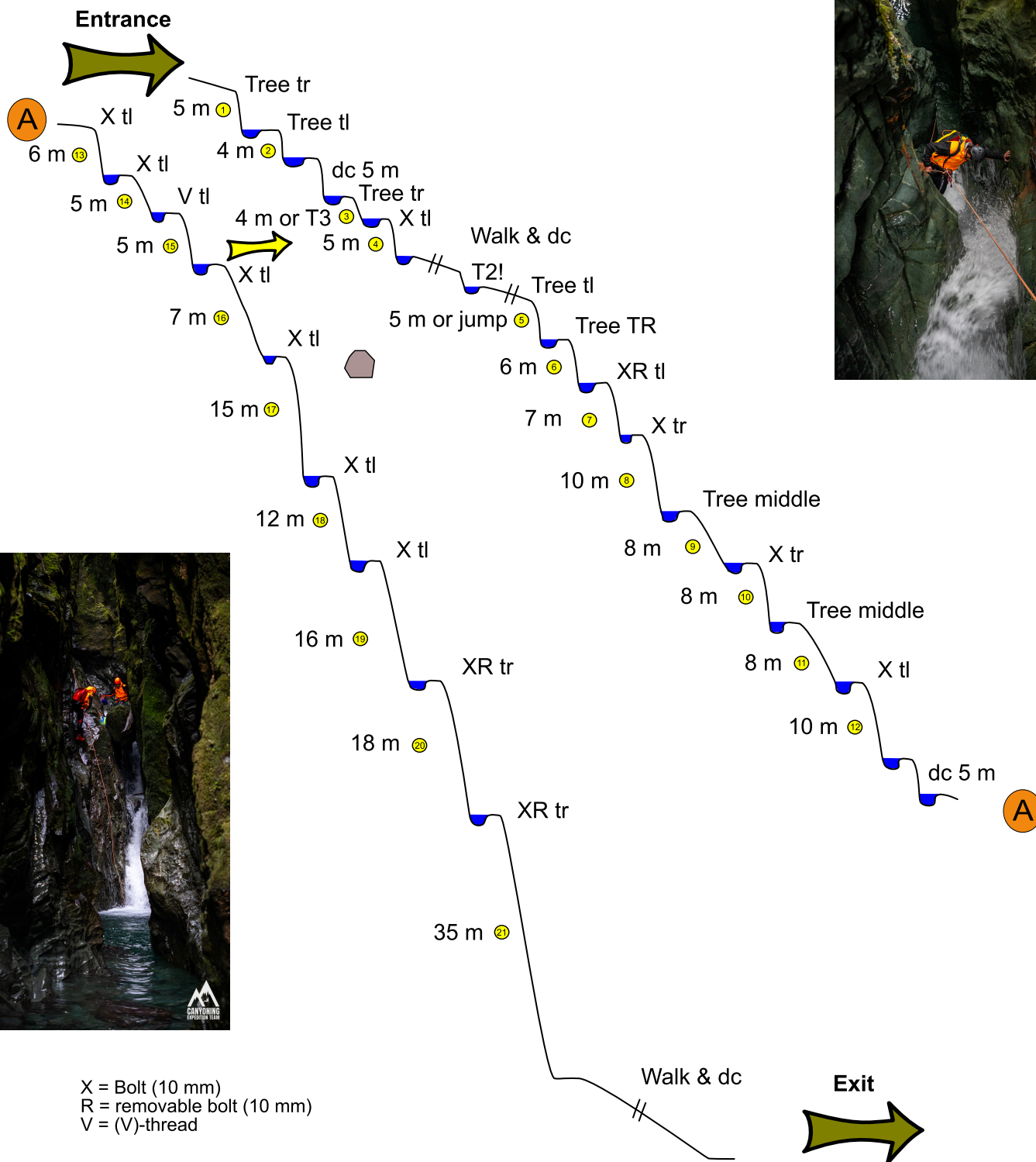
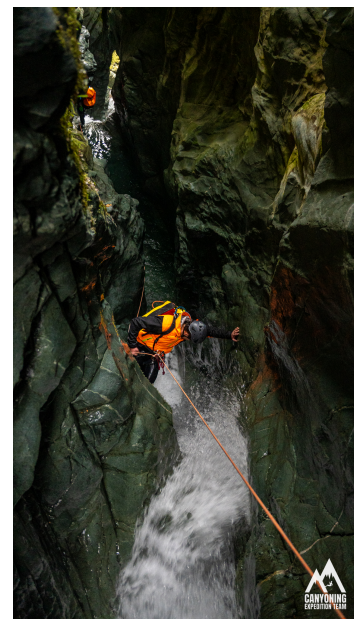
First descent: 16-03-2026

Dutch Canyoning Expedition 2026:

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Pepijn Hoeksema (pictures)
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A person in a yellow jacket and blue pants is rappelling down a massive waterfall. The water is cascading over dark, jagged rock formations. The scene is dramatic and adventurous.

CANYONING EXPEDITION TEAM

